

SENIORS ON THE GREEN

Thank you for your Service!

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Senior Center Hours:

Mon - Fri: 9 - 4pm

Senior Ctr. 860-642-3040

Ctr. Director: Darcy Battye
860-642-2042

Van Coord: Eileen Wein-
steiger 860-642-2024

Trans. Clerk: Walter Riley
860-642-2024



Calling all seniors - Help us make this Christmas Bazaar a success!

If you would like to put together a themed basket yourself, we would very much appreciate your help. However, if you can't do that, please help us out by donating things that we can create a basket with. These are some of the themes we could use donations for: aromatherapy, Avon, baby, baking, bath & body, candles, cards & games, cheese, children, cookie lovers, crafts, fondue, gardening, golf, gourmet food, hair care, holiday theme, home movie night, ice cream, Italian dinner, lottery tree, Mexican food,, music, pasta, patriotic, picnic, Red Sox, UCONN, relaxation, soup, spice of life, sports, sugar free and wine lovers.

We also need people to bake pies, cupcakes, cookies and breads.



Wellness Trips:

12/2 Lights Fantasia,
Goodwin Pk, Htfd, Ct

12/9 Lights Fantasia,
Goodwin Pk, Htfd, Ct.



Merry Christmas.

Weekly Menu:

12/6 Donnelly's Anni-
versary Dinner

12/13 Shepherd's Pie

12/20 Christmas Din-
ner (\$5)



SENIOR CENTER SERVICES

Massage w/ Sue

McCaffery - Please con-
tact the senior center to
schedule your appts. By
calling 860-642-3040.
The price is \$15 for 25
mins. nd \$30 for 50 mins

Did you know we have as-
sorted assisted living de-
vices for loan? We have
canes, walkers, bath
chairs, wheel chairs and a
hospital bed. We offer
hearing screening, podiatry
appts. And VNA visits.
Please call the senior cen-
ter at 860-642-3040 for
more information.

Senior Ctr. Salon Services

w/ Jeanna Prink, Tracy
Kelley & Jillian Labonne
Hair cuts \$8
Wash & set \$10
Perm. \$45 w/set \$55
Color \$45 w/set \$55
Facials \$8 Waxing \$5

Manicures/Pedicures \$10

Appointments are required
& gift certificates are al-
ways available. Check the
newsletter for Jeanna's
"spa days".

If you are aware of some-
one who is ill or has
been ill, please let us
know. There is a sign-u[
sheet at the main desk of
the senior center where
you can add someone's
name.

Darlene Hathaway has
taken charge of sending
out get-well cards to
those people who are
under the weather for
whatever reason.



HONORARY DONATIONS

A gift to the Senior Center
in honor of or in memory of
a loved one will assist the
center in serving other
seniors today and through-
out the coming years.
Such gifts will be very
much appreciated and
should be made out and
sent to:

Friends of Leb. Sen. Ctr.

37R West Town St.

Lebanon Ct. 06249

"I am enclosing \$___ in
honor or memory of:

Name _____

Donor's name _____

Address _____

City, St. Zip _____

A special acknowledge-
ment will be sent as you
direct:

____ Birthday

____ Anniversary

____ Memorial

____ In Honor of

____ Other

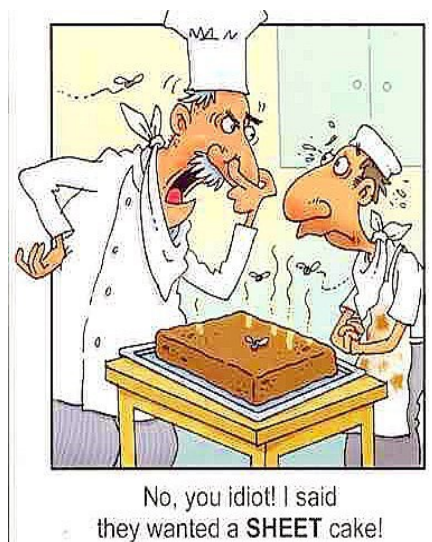


Many thanks to the
Middle School helpers
that come each
month to give us a
hand serving the sen-
iors and helping to
clean up and do dish-
es. They are always
so much fun to work
with us and of course,
are very entertaining
as well!





Gibbletoons By Dan Gibson



People Around Us:
Dick and Rita Lataille are honored as
Lebanon Citizens of the Year

By Alex "Bud" Gavitt

When Dick Lataille retired from his job at Electric Boat in Groton, Connecticut 11 years ago, he and his wife Rita, who raised four children, discussed what to do in their golden years. After much thought, they decided to increase their time volunteering at local churches, senior luncheons, civic groups, and the Lebanon Fair, to name several.

On the first Tuesday of each month, since the opening of the Lebanon Senior Center in March 2009, the Latailles have volunteered to make and serve us delicious, great tasting soups. Their latest culinary endeavor was cooking and serving a turkey dinner to 120 seniors on Tuesday, November 15. The meal consisted of turkey with gravy, jellied cranberry, stuffing, mashed potatoes, butternut squash, and string beans. This meal and their monthly soups would not be possible without assistance from the kitchen staff.

Dick and Rita can also be found at the annual Senior Center's Christmas Bazaar making and selling corn chowder, butternut corn bisque, and chicken with rice soup.

Another volunteer activity which Rita is involved in is inspecting 300 pairs of eyeglasses twice a year for any scratches or broken parts. These are then cleaned, packaged, and sent to people in need in foreign countries and made available to people in town.

The Latailles regularly help out with the bi-monthly American Red Cross blood drive held at the Senior Center. Initially, Dick chaired this drive by making and serving soups, sandwiches, and desserts held at the Lebanon Fire Safety Complex. A few years later, Rita took over as chair; her husband put up posters in advance at the Town Hall and sent notices to the Bulletin and Chronicle daily newspapers, as well as to WILI radio.

Their outstanding volunteer work has not gone unnoticed. This year, Dick and Rita were chosen as Citizens of the Year. This was the first time that a married couple has received this recognition. The Lataille names appear on a small brass tag on a plaque which was carved by Dana Drew, a former superintendent of Lebanon schools. Those honored are selected by past recipients.



Upon receiving this recognition Dick and Rita stated: "Being named for this award as Citizen of the Year is a great honor and it was a privilege to receive it after the Memorial Day parade and service in front of the Lebanon Town Hall. The town has cited many local residents over the years who have given freely of their time and richly deserve this recognition. It came as a complete surprise to us."

Darcy Battye, Senior Center coordinator commented: "The Latailles are wonderful people for what they do. The amount of community work they do has been and is still tremendous."

On behalf of all seniors, we congratulate Dick and Rita on being named Lebanon Citizens of the Year for 2016.



Medicines Recommended for Disposal by Flushing

Listed by Medicine and Active Ingredient

There is a small number of medicines that may be especially harmful and, in some cases, fatal with just one dose if they are used by someone other than the person for whom the medicine was prescribed. This list from FDA tells you what expired, unwanted, or unused medicines you should flush down the sink or toilet to help prevent danger to people and pets in the home.

Medicine	Active Ingredient
Abstral (PDF - 1M) , tablets (sublingual)	Fentanyl
Actiq (PDF - 251KB) , oral transmucosal lozenge *	Fentanyl Citrate
Avinza (PDF - 51KB) , capsules (extended release)	Morphine Sulfate
Belbuca (PDF - 44KB) , soluble film (buccal)	Buprenorphine Hydrochloride
Buprenorphine Hydrochloride, tablets (sublingual) *	Buprenorphine Hydrochloride
Buprenorphine Hydrochloride; Naloxone Hydrochloride, tablets (sublingual) *	Buprenorphine Hydrochloride; Naloxone Hydrochloride
Butrans (PDF - 388KB) , transdermal patch system	Buprenorphine
Daytrana (PDF - 281KB) , transdermal patch system	Methylphenidate
Demerol, tablets *	Meperidine Hydrochloride
Demerol, oral solution *	Meperidine Hydrochloride
Diazepam/Diastat AcuDial , rectal gel [for disposal instructions: click on link, then go to "Label information" and view current label]	Diazepam
Dilaudid, tablets *	Hydromorphone Hydrochloride
Dilaudid, oral liquid *	Hydromorphone Hydrochloride
Dolophine Hydrochloride (PDF - 48KB) , tablets *	Methadone Hydrochloride
Duragesic (PDF - 179KB) , patch (extended release) *	Fentanyl
Embeda (PDF - 39KB) , capsules (extended release)	Morphine Sulfate; Naltrexone Hydrochloride
Exalgo (PDF - 83KB) , tablets (extended release)	Hydromorphone Hydrochloride

* These medicines have generic versions available or are only available in generic formulations.

FDA continually evaluates medicines for safety risks and will update the list as needed. Please visit the [Disposal of Unused Medicines: What You Should Know](#) page at www.fda.gov for more information.


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<u>Fentora (PDF - 338KB)</u> , tablets (buccal)	Fentanyl Citrate
<u>Hysingla ER (PDF - 78KB)</u> , tablets (extended release)	Hydrocodone Bitartrate
<u>Kadian (PDF - 135KB)</u> , capsules (extended release)	Morphine Sulfate
Methadone Hydrochloride, oral solution *	Methadone Hydrochloride
Methadose, tablets *	Methadone Hydrochloride
<u>Morphabond (PDF - 162 KB)</u> , tablets (extended release)	Morphine Sulfate
Morphine Sulfate, tablets (immediate release) *	Morphine Sulfate
Morphine Sulfate (PDF - 282KB), oral solution *	Morphine Sulfate
<u>MS Contin (PDF - 433KB)</u> , tablets (extended release) *	Morphine Sulfate
<u>Nucynta ER (PDF - 38KB)</u> , tablets (extended release)	Tapentadol
<u>Onsolis (PDF - 297KB)</u> , soluble film (buccal)	Fentanyl Citrate
Opana, tablets (immediate release)	Oxymorphone Hydrochloride
<u>Opana ER (PDF - 56KB)</u> , tablets (extended release)	Oxymorphone Hydrochloride
Oxecta, tablets (immediate release)	Oxycodone Hydrochloride
Oxycodone Hydrochloride, capsules	Oxycodone Hydrochloride
<u>Oxycodone Hydrochloride (PDF - 100KB)</u> , oral solution	Oxycodone Hydrochloride
<u>Oxycontin (PDF - 417KB)</u> , tablets (extended release)	Oxycodone Hydrochloride
Percocet, tablets *	Acetaminophen; Oxycodone Hydrochloride
Percodan, tablets *	Aspirin; Oxycodone Hydrochloride
<u>Suboxone (PDF - 83KB)</u> , film (sublingual)	Buprenorphine Hydrochloride; Naloxone Hydrochloride

* These medicines have generic versions available or are only available in generic formulations.

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Holiday Bazaar

Lebanon Senior Center

37 R West Town Street, Lebanon

Saturday December 3, 2016

9:00 - 3:00

Basket Drawing

Holiday Gifts ~ Ornaments ~ Jewelry

Old Buttons ~ Bake Sale

Treasures from Grandma's Attic ~ Vendors

Coffee, Tea, Hot Chocolate, and Donuts

Join us for homemade soup for lunch

All proceeds benefit programs for seniors.

Call 642-3040 for more information

***Donations of new hand-made
items welcome***

Seniors On The GO!



Junior Seniors Travel News

December, 2016

By Anne Maffioli

Travel Schedule Possibilities for 2017

February 15-17	Atlantic City Getaway, Resorts Casino, NJ.
March 20-27	Savannah/Charleston/Myrtle Beach Trip
April 29	West Point Dress Parade
May 25	The Gatlin Brothers, Indian Ranch Theater, Webster Ma.
August 7	Newport Playhouse & Cabaret, Newport, RI.
September/October	Ireland ?
December	Christmas with Shoji Tabucci, Garde Arts, New London Ct

For more information on any of the trips, please contact Marion at (860) 423-7659. Make checks payable to Lebanon Jr/Sr Travelers. Payment may be left at the Lebanon Senior Center or mailed to Marion Russo, 280 Beaumont Hwy., Lebanon, CT 06249.

WELCOME

WELCOME

WELCOME !

Eileen

Weinsteiger

Our new van coordinator & desk gal



Wellness Trips

December 2nd and 9th



Trip is \$5.00

Bus Leaves at 3:30 p.m.

Best Holiday Lights in New England!


Then a reservation will be made for dinner @

Adams Mill Restaurant

165 Adams St, Manchester, CT 06042



DECEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Center Hours Mon - Fri, 9-4 Questions 642-3040				1 9-3 Mani/Pedi Set up Bazaar	2 Set up Bazaar Wellness - Lights Fantasia	3 HOLIDAY BAZAAR 9-3
4	5 9:30 Exercise Class 12:15 Bingo 3:00 Line Dancing 5:30-7:30 Pedicures	6 9:30-2:30 Pedi/Hair 11:30 BP Clinic 12- Doreen's Anniv. Lunch 1:00 Pool/Mahjongg 6:00 Poker	7 9-1 Haircuts 9:30 Exercise 11-3 Massage	8 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback	9 9:30 Exercise 1:30 Silver Sneakers Wellness - Lights Fantasia 6:30 BINGO	10
11	12 9:30 Exercise 12:15 Bingo 3:00 Line Dancing 5:30-7:30 Pedicures 6:30 CDA Meeting	13 9:30-2:30 Pedi/Hair 10:30 Podiatrist 12 Shepherd's Pie 12:30 Lyman Chorus and Jazz Band 1:00 Pool/Mahjongg 6:00 Poker	14 9-1 Haircuts 9:30 Exercise	15 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback	16 9:30 Exercise 1:30 Silver Sneakers 7pm Holiday Cabaret	17
18	19 9:30 Exercise Class 12- BP Clinic 12:15 Bingo 3:00 Line Dancing 5:30-7:30 Pedicures	20 9:30-2:30 Pedi/Hair 12 - Christmas Dinner \$3 1pm Movie 1:00 Pool/ Mahjongg 6:00 Poker	21 9-1 Haircuts 9:30 Exercise 11-3 Massage 2pm Afternoon Tea	22 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback	23 9:30 Exercise 1:30 Silver Sneakers	24
5 	26 Center Closed	27 Center Closed	28 Center Closed	29 Center Closed	30 Center Closed	31